

Follow us on Facebook

Breast Cancer Awareness Month 6

9am-10:30am

Join us for a special Breast Cancer

Book Club reading. All attendees will get a FREE book. Light refreshments provided. Space is limited. RSVP required.

Strength & Conditioning 9am-9:45am

Meditation 10am-10:45am

Bootcamp 11am-11:45am

Mat Pilates 11am-11:45am

Core Training 2pm-2:45pm

Zumba 5pm-6pm

Form & Functional 3pm-3:45pm

Yoga for Kids (ages 4-11) 4pm-4:45pm

Well Child and

10am-6pm

Active IEHP Direct members ages 3-21 Is your child due for a Well Care Visit? Call (866) 228-4347, option 3 to verify

eligibility and schedule an appointment or walk-in to participate.

Strength & Conditioning 9am-9:45am

Seated Strength for Seniors and People w/disabilities 1pm-1:45pm

Yoga for Kids (ages 4-11) 4pm-4:45pm

Join us for a special Breast Cancer Book Club reading. All attendees will get a FREE book. Light refreshments provided. Space is limited. RSVP required.

Strength & Conditioning 9am-9:45am

Seated Strength for Seniors and People w/disabilities 1pm-1:45pm

Yoga for Kids (ages 4-11) 4pm-4:45pm

Well Child and

**Young Adult Clinic** 

10am-6pm

Active IEHP Direct members ages 3-21 Is your child due for a WellCare Visit? Call (866) 228-4347, option 3 to verify

eligibility and schedule an appointment

or walk-in to participate

Seated Strength for Seniors and People wardsabilities 1pm-1:45pm

HEALTH- . - WEEN Kids Day

Strength & Conditioning 9am-9:45am

Healthy Hydration 9am-9:45am

Practical Fitness, How to Start 10am-10:45am

Mindful Stretch 12pm-12:45pm

Meditation 10am-10:45am

Bootcamp 11am-11:45am

Mat Pilates 11am-11:45am

Core Training 2pm-2:45pm

sical Activity During Menopause

Meditation 10am-10:45am

Bootcamp 11am-11:45am Mat Pilates 11am-11:45am

Core Training 2pm-2:45pm

Zumba 5pm-6pm

Form & Functional 3pm-3:45pm

Mindful Stretch 12pm-12:45pm

**Healthy Hydration** 9am-9:45am **Meditation** 10am-10:45am

Practical Fitness, How to Start 10am-10:45am

Bootcamp 11am-11:45am

Mat Pilates 11am-11:45am Mindful Stretch 12pm-12:45pm

Core Training 2pm-2:45pm

Zumba 5pm-6pm

Form & Functional 3pm-3:45pm

**Young Adult Clinic** 

Mindful Stretch 12pm-12:45pm

Seated Strength for Seniors and People w/disabilities 1pm-1:45pm

ctivity During Menopause

## ETHP Class Calendar - October 2025

## **Community Wellness Center - RIVERSIDE**

**MONDAY** 

## Breast Cancer Awareness Month

Join us for various events throughout the month. Don't forget to wear something pink on the days you see the ribbon.



**SCAN ME!** Use your phone to scan the QR code

to view our full schedule of FREE classes.

**November Medi-Cal packets** have been mailed out, not sure what to do? IEHP is here to help. IEHP is here to help. For more information call (888) 860-1296

Fit to Function 9am-10am

**Zumba** 12pm-1pm

Yin Yoga 5pm-6pm

Fit to Function 9am-10am

Disco Cardio 10:30am-11:30am

Balance & Stability 1:30pm-2:30pm

Yin Yoga 5pm-6pm

Jam-3:45pm
Little Warriors for Kids
(ages 4-11)
3:45pm-4:30pm

Breathe Well, Live Well #2 (Spanish)

**Chair Fitness** 

**Zumba** 12pm-1pm

Chair Fitness 3pm-3:45pm

Disco Cardio 10:30am-11:30am

Balance & Stability 1:30pm-2:30pm

Little Warriors for Kids (ages 4-11) 3:45pm-4:30pm

Arts & Crafts (Bilingual) 4pm-4:45pm

Living Well in the Community #1 9am-10am

**Diabetes Among Friends #7** 10:30am-11:30am (Spanish)

**Diabetes Among Friends #7** 

**TUESDAY** 

**WEDNESDAY** \*\*IEHP Renewal Specialist

Form & Functional

Cardio & Strength Training 10:30am-11:30am

Yoga for Beginners

Strength & Conditioning

Core Training

3pm-3:50pm Mat Pilates

Dream Big, Plan Bigger: Cohort 2,

4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade)

Zumba 5pm-6pm

\*\*IEHP Renewal Specialist 8

Form & Functional

Avoiding Disconnection/Payment Options/Billing Cycle (Bilingual)

Cardio & Strength Training 10:30am-11:30am

Yoga for Beginners

12pm-1pm Strength & Conditioning

**Core Training** 

**Mat Pilates** 

I am Enough: Cohort 2, Session 5 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade)

Know Your Rights/Citizenship (Bilingual) 10am-11am

Digital Tools for a Healthier You 2:30pm-3:30pm

Keep the Peace: Cohort 2, Session 7

Cardio & Strength Training 10:30am-11:30am

Strength & Conditioning 1:30pm-2:30pm

4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade)

\*\*IEHP Renewal Specialist

Zumba 5pm-6pm

Form & Functional 9am-10am

Yoga for Beginners

Core Training

**Mat Pilates** 

Cardio Dance 9am-10am Strong Through Your Cycle

Member Service Orientation 10am-11am 11am-12pm (Spanish)

Yin Yoga 10:30am-11:30am

Balance & Stability 1:30pm-2:30pm

Tai Chi 2pm-3pm

Seated Strength for Seniors and People w/ disabilities 3pm-3:50pm

**THURSDAY** 

Bootcamp 4pm-4:45pm

Fuel your Body, Feed your Future: Cohort 2, Session 4 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade)

Sweat to the Beat 5pm-6pm

Bootcamp 9 **Cardio Dance** 

Midlife Muscle & Bone 10:15am-11:15am Yin Yoga 10:30am-11:30am

Knitting & Crochet (Bilingual, Self-Led) 11:30am-12:30pm

**Zumba** 12pm-1pm

Balance & Stability 1:30pm-2:30pm

Tai Chi

Seated Strength for Seniors and People w/disabilities 3pm-3:50pm

Bootcamp 4pm-4:45pm

**Cardio Dance** 

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Lead The Way: Cohort 2, Session 6 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade)

Knitting & Crochet (Bilingual, Self-Led) 11:30am-12:30pm

Seated Strength for Seniors and People w/disabilities 3pm-3:50pm

Protect Your Power: Cohort 2,

Sweat to the Beat 5pm-6pm

Midlife Muscle & Bone 10:15am-11:15am

**Yin Yoga** 10:30am-11:30am

Balance & Stability 1:30pm-2:30pm

Bootcamp 4pm-4:45pm

Session 8 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade)

Sweat to the Beat 5pm-6pm

Zumba 12pm-1pm

Tai Chi 2pm-3pm

Strength & Conditioning 5pm-6pm Bootcamp 9am-10am

16

23

Mindful Stretch 10:15am-11:15am

**FRIDAY** 

Bootcamp 9am-10am

Midlife Muscle & Bone 10:15am-11:15am

Yoga for Beginners 10:30am-11:30am

**Zumbini** (ages 0-3) 11:30am-12:15pm

Fit to Function

Disco Cardio 1:30pm-2:30pm

Yoga Chair 2:45pm-3:45pm

Stretch & Mobility 3pm-3:50pm

Baby and Me Social (ages 0-3)

Strength & Conditioning 5pm-6pm

Diabetes Among Friends #6

Mindful Living #3 (Spanish)

Baby and Me Social (ages 0-3)

Cardio Strength for Kids (ages 4-11)

9am-10am (Spanish) 10:30am-11:30am

Yoga for Beginners 10:30am-11:30am

Fit to Function

Disco Cardio 1:30pm-2:30pm

Mindful Living #3

Stretch & Mobility 3pm-3:50pm

Cardio Strength for Kids (ages 4-11)

10

17

24

Yoga for Beginners 10:30am-11:30am

**Zumbini** (ages 0-3) 11:30am-12:15pm

Fit to Function 12pm-1pm

Disco Cardio

Yoga Chair 2:45pm-3:45pm

Stretch & Mobility 3pm-3:50pm

Baby and Me Social (ages 0-3)

Cardio Strength for Kids

(ages 4-11) 5pm-5:45pm

Strength & Conditioning 5pm-6pm

Bootcamp 9am-10am

Midlife Muscle & Bone 10:15am-11:15am

Yoga for Beginners 10:30am-11:30am

**Zumbini** (ages 0-3) 11:30am-12:15pm

Fit to Function

Fit to Function 9am-10am \*\*IEHP Renewal Specialist Breasl Cancer Awareness Month 20 Cardio Dance for Vitality Form & Functional **Diabetes Among Friends #8** 

14

9am-10am (Spanish) 10:30am-11:30am

Disco Cardio 10:30am-11:30am

**Zumba** 12pm-1pm

Healthy Living My Best Self #3 (Spanish)

Balance & Stability 1:30pm-2:30pm Chair Fanns

Little Warriors for Kids (ages 4-11) Healthy Living My Best Self #3

HEALTH- . WEEN 28

\*Costumes encouraged!
\*Prize Raffles for all Classes

Little Pumpkin Fitness for Kids

ealth-o-ween Arts & Crafts

Yin Yoga 5pm-6pm

Trick to Function

Disco Thriller 10:30am-11:30am

Spooky Zumba 12pm-1pm

Boo & Stability 1:30pm-2:30pm

(ages 4-11) 3:45pm-4:30pm

Bilingual) pm-4:45pm

Dance Glow

5pm-6pm

Seat & Treat

am-10am

Zumba 5pm-6pm

Menopause (Bilingual)

Cardio & Strength Training 10:30am-11:30am

Yoga for Beginners 12pm-1pm

Strength & Conditioning 1:30pm-2:30pm **Physical Activity During Menopause** 

2:45pm-3:45pm

Core Training 3pm-3:50pm

Arts & Crafts (Bilingual) 4pm-4:50pm

Mat Pilates 4pm-4:45pm

Zumba 5pm-6pm

\*\*IEHP Renewal Specialist Form & Functional 9am-10am

Cardio & Strength Training 10:30am-11:30am

Yoga for Beginners 12pm-1pm

Strength & Conditioning 1:30pm-2:30pm

Digital Tools for a Healthier You

(Spanish) 2:30pm-3:30pm **Core Training** 

3pm-3:50pm **Mat Pilates** 

4pm-4:45pm

Money Talk: Cohort 3. Session 1 4pm-5pm (K-5th grade) 5pm-6pm (6th-12th grade)

Zumba 5pm-6pm

**Strong Through Your Cycle** 9am-10am \*Breast & Cervical Cancer

\*Prize Raffles in Class

**Yin Yoga** 10:30am-11:30am

**Zumba** 12pm-1pm

Balance & Stability 1:30pm-2:30pm

Midlife Muscle & Bone 10:15am-11:15am

**Yin Yoga** 10:30am-11:30am

**Zumba** 12pm-1pm

Tai Chi

2pm-3pm

Breathing 101 1pm-1:45pm

1:30pm-2:30pm

Balance & Stability

People w/disabilities 3pm-3:50pm

Bootcamp 4pm-4:45pm

Seated Strength for Seniors and People w/disabilities 3pm-3:50pm Bootcamp 4pm-4:45pm

Sweat to the Beat 5pm-6pm

Knitting & Crochet (Bilingual, Self-Led) 11:30am-12:30pm

Seated Strength for Seniors and

Movie Time for Kids (ages 0-17)

Disco Cardio 1:30pm-2:30pm Yoga Chair 2:45pm-3:45pm Stretch & Mobility 3pm-3:50pm

Baby and Me Social (ages 0-3) 4pm-4:45pm Cardio Strength for Kids

(ages 4-11) 5pm-5:45pm

Strength & Conditioning 5pm-6pm 31

**OSED** 30 9am-10am **Diabetes Among Friends #5** 9am-10am (Spanish) 10:30am-11:30am

Yoga for Beginners 10:30am-11:30am

Fit to Function 12pm-1pm

Bootcamp

Healthy Heart #1 (Spanish) 12pm-1pm

Disco Cardio

1:30pm-2:30pm Healthy Heart #1 2:30pm-3:30pm

Stretch & Mobility

3pm-3:50pm Baby and Me Social (ages 0-3)

Cardio Strength for Kids

(ages 4-11) 5pm-5:45pm

ight refreshments provided Strength & Conditioning 5pm-6pm Sweat to the Beat 5pm-6pm

Join us for fun, games & prizes \*Costumes encouraged! (Ages 0-17) Light Refreshments provided We heal and inspire the human spirit.

3590 Tyler Street, Suite 101, Riverside, CA 92503 (across from Galleria at Tyler)

Monday-Friday, 9am-6pm • Saturday, 8:30am-1pm



www.iehp.org/crcClasses

Classes are subject to change. All classes are first come, first serve.